



Mamawetan Churchill River Health Region

Public Service Announcement

October 26, 2010

For more information, contact:
Linda Mikolayenko, 425-4812

Additional seasonal flu vaccine clinics scheduled for La Ronge

The Mamawetan Churchill River Health Region has added two more seasonal influenza vaccine clinics for La Ronge.

They will be held at the **La Ronge Health Centre**

Thursday, October 28, 2010 1:00 p.m. to 4:30 p.m.

and

Thursday, November 4, 2010 1:00 p.m. to 4:30 p.m.

This year's seasonal vaccine includes protection against the H1N1 virus. In this post-pandemic year, the vaccine is free and available to everyone over the age of 6 months. No appointment is necessary; drop-in only. Please bring your Saskatchewan Health Card.

The vaccine is particularly recommended for persons at higher risk of becoming seriously ill with influenza such as adults 65 and over, persons with chronic health conditions or severe obesity, pregnant women, children from 6 months to under 5 years of age, residents of a nursing home, and close contacts of those at higher risk.

The schedules for the flu clinics are also posted on the health region website: www.mcrrha.sk.ca